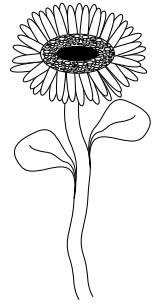


How to grow a Sunflower



Get a pot and fill with soil.



Or find a flower bed that you can use to grow your sunflower in.



Make a hole 1.5cm deep.



Put 1 seed in your pot. Or if you are planting straight in the soil sprinkle them 30cm apart.



Cover with a sprinkling of soil.



Pour over water to make the soil really wet. Water it everyday.



When the plant grows to 20cm take it out of the pot and put into a bigger pot or the ground. You may need a stick to help keep it upright.

Plant your Sunflower seeds inside from March and outside from April. Wait till any chance of frost has gone before putting your Sunflowers outside. Sunflowers love the sun so try and keep yours in a sunny position!

Date planted.....

Date I saw it start to grow.....

My plant's progress

Date.....Height.....

Date.....Height.....

Date.....Height.....

Date.....Height.....



Sensory Trust

Sensory Trust promotes and supports the creation and management of outdoor spaces that can be used and enjoyed by everyone, regardless of age or ability.

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